

Eifel Times

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Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

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News Briefs

Custodial contract changes

Changes to custodial services take place Wednesday. The CDC, AYA, fitness center, housing offices and passenger terminal will all receive the same level of service. All other facilities will receive rest-room cleaning service once a week. Each facility will purchase their own cleaning supplies and toiletries for their areas. The 52nd CES self-help has vacuums, buffers, carpet steamers and shampoos available for check-out, and 52nd CES quality assurance remains available for follow-up inspections. For details, call 452-6183.

Daylight savings reminder

It is that time of year again -- time to "fall back" and turn clocks back one hour Sunday at 2 a.m.

Post office closure

The Spangdahlem AB and Bitburg Annex post offices are closed Saturday for an official function. The parcel pick up window will be open from 10 a.m. to 2 p.m. Normal hours resume Monday.

Snow parade

The 11th Annual Snow and Ice Parade plows through Spangdahlem AB housing today at 5 p.m. The 52nd CES and Santa Claus are swinging through town with the bases' snow removal equipment. They are passing out treats along the route, and everyone is encouraged to attend. The parade highlights safety, reminding drivers to stay at least 50 feet away from salt dispensing vehicles to avoid possible paint and body damage to vehicles. Call Master Sgt. Roger Pelletier at 452-6212 for details.

Changes to CJR

First-term Airmen selected by their commander for reenlistment no longer need to complete an AF IMT 545 unless they desire a career job reservation in their secondary AFSC. Changes to the CJR program and quotas for constrained AFSC's are posted monthly and updated as required on the AFPC web site at <http://ask.afpc.randolph.af.mil>. For more information, call the wing's career assistance advisor at 452-7829.

Accident report

Team Eifel was involved in 10 minor accidents last week and five major accidents. The crashes were on L-50 toward Dreis/Wittlich; near Morbach; on base near hardened aircraft shelter 3069; on K-6 toward Niederkail; and in the Speicher GLH. Causes were speed too fast for conditions, inattentive driving and following too closely. (Information courtesy of Harald Kotsch, 52nd Security Forces Squadron.)

Goolishly good times

Halloween is Tuesday, and Sabers have a variety of events planned for the coming weekend. Check out details inside this edition on Pages 6 and 7.



Photo by Staff Sgt. Nicholas Jacobson

Fightin' Hawks at sunset

The tail beacon light flashes on one of two F-16s from Spangdahlem Air Base after receiving fuel from a KC-10 Extender deployed from the 380th Air Expeditionary Wing in Southwest Asia recently. Aircraft from the 908th Expeditionary Air Refueling Squadron, including the KC-10 Extender and KC-135 Stratotanker, provide fuel for coalition aircraft supports missions Operations Iraqi and Enduring Freedom. The 380th AEW is the largest air refueling wing in Southwest Asia.

Sabers prepare for Phase II Nov. 6-9

By Master Sgt. Marcus Thomas
52nd Fighter Wing Inspections Office

"Exercise, Exercise, Exercise!"

These are the famous words that will ring out across the 52nd Fighter Wing Nov. 6-9.

Multiple exercises over the next eight months will prepare the wing for the 2007 NATO Operation Evaluation in June. The extent of this Phase II exercise follows the same concept as the October Phase I, which is a walk before running strategy.

Mentally, the exercise prepares people for real-world down-range operations. Scenarios developed by Exercise Evaluation Team members play a key role in preparing deployers for the austere conditions they may face.

The wing has created a smaller play area and footprint to help alleviate confusion between exercise players and non-players. Deployed and Host Nation personnel will process into the play area through building 103 in the customer service room, which will be the Entry Control Point.

Once inside the ECP, individuals will respond to all injects and wear appropriate Individual Personal Equipment, such as a helmet, web belt and canteen.

During Force Protection Condition changes, members will dress according to Mission Oriented Protective Posture levels. People outside the play area are responsible to stay informed of exercise information through Battle Staff Directives for situational awareness.

Sabers are reminded that future Phase I and II exercises and



Photo by Airman 1st Class Stephanie Sawyer

Chief Master Sgts. Jimmy Kelly, former 52nd Fighter Wing command chief, Michael Skidmore, 52nd Medical Group, and Monte Malek, 52nd Mission Support Group, provide ground coverage for an injured Airman during the November 2005 Phase II exercise here. The 52nd FW Chiefs participated during an obstacle course challenge to receive first-hand training on Phase II exercise scenarios.

Expeditionary Combat Skills training dates can be found on the 52nd FW calendar. For more information on the upcoming exercise, call the wing inspections office at 452-6280.

A-10 upgrade efforts transforms Warthog capabilities

By Chris McGee
Aeronautical Systems Center Public Affairs
WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) -- The A-10 Thunderbolt II, also nicknamed the Warthog, is sharpening its teeth with a \$168 million upgrade effort for the entire fleet.

Managed by the 642nd Aeronautical

Systems Squadron at Aeronautical Systems Center here, the A/OA-10 is in the early stages of a five-year upgrade for all 356 aircraft.

Known as the Precision Engagement program, the massive modification encompasses multiple enhancements that will provide the aircraft with all-weather capability to detect and strike targets

from greater altitudes and distances using precision-guided weapons. The improvements represent a significant leap in operational capability for the Warthog.

Under Precision Engagement, the A/OA-10 is being modified to employ the Joint Direct Attack Munition and the

See UPGRADE, Page 2

RESCON Watch

ALPHA

0 DUIs/ARIs in the Last 30 Days

Days since last DUI/ARI: 7

310 Airmen's lives were saved by the Airmen Against Drunk Driving Program since Jan. 1, 2006. When going out and your plan falls through call AADD for a ride, at 06565-61-2233.

Col. Darryl Roberson, 52nd Fighter Wing commander, and Airmen Amanda Alvarez and Amy Peltier, both from 52nd Logistics Readiness Squadron, and youngest Airmen at the "Welcome Home Sabers" celebration, cut a piece of the cake symbolizing the bond between the Air Force servicemembers of the past, present and future at Club Eifel Friday. The wing hosted a free barbeque to welcome home deployed Sabers from recent air expeditionary force deployments downrange. All wing members were invited to participate in the free events.



Welcome Home Sabers!



Photos by Senior Airman Kristin Ruleau

Dave Schultz, 52nd Services Squadron, host of Spangdahlem's "Deal or No Deal" game asks Airman 1st Class Amber Ciesielski, 52nd Comptroller Squadron, if she wants to trade her mystery prize for another unmarked prize Friday at the Welcome Home party.

Upgrade

Continued from Page 1

Wind Corrected Munitions Dispenser. The program is integrating advanced sensors, a datalink and the LITENING AT and Sniper XR targeting pods onto the aircraft, which will boost pilot situational awareness, targeting capabilities, survivability and communication with other coalition ground and air elements.

An aircraft modified with the Precision Engagement kit is designated as an A-10C.

"The A-10C program effectively takes one of the most lethal air-to-ground platforms ever designed and significantly upgrades its ability to precisely detect, identify and destroy targets while increasing situational awareness and standoff capability," said John Boker, A-10 Program Manager with the 642nd AESS.

As part of the upgrade effort, the A/OA-10 fleet is receiving advanced integrated cockpit controls and displays, an

improved pilot vehicle interface using two new multifunction color displays and a new central interface control unit with three state-of-the-art computer processors to provide stores management -- the control of weapons release and pod employment -- and overall avionics systems integration.

A/OA-10 pilots will enjoy hands-on-stick-and-throttle control of weapons, targeting pods and navigation systems, simplifying their duties considerably.

"Simply put, in the C model, we will have 10 times the information available, from both on- and off-board sources, and the ability to process and act on that information significantly quicker," said Mr. Boker. "Even for a simple laser-guided-bomb delivery, what took roughly 14 cockpit switch changes now takes four with the C model. Just imagine what will happen when we combine machine-to-machine datalink technology with the lethality of the Hawg."

To date, 21 aircraft have been modified at Ogden Air Logistics Center at Hill AFB, Utah; 356 total aircraft are to receive the upgrades, constituting the entire fleet, including active duty, Reserve and Air National Guard Warthogs.



Airman 1st Class Andrew Oquendo

Capt. Jason Shemchuk exits his plane at Bagram Air Base, Afghanistan, after flying a mission July 6 in support of Operation Enduring Freedom. The A-10 is used for close-air support. Captain Shemchuk is assigned to the 81st Expeditionary Fighter Squadron.

Jingle bells or Bobcat Belles?

BMS etiquette group courts good behavior, first impressions

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

The Bobcat Belles, a group of 27 seventh and eighth grade girls from Bitburg Middle School, partnered with the Officers Civilians Spouses Club for their first meeting Oct. 19 as part of their bi-monthly etiquette and mentoring course

One of the most recent in a series of partnerships between Department of Defense Schools-Europe and the 52nd Fighter Wing, BMS principal Susan Hargis said the goal of the Bobcat Belles was mentoring girls into ladies.

"When Mrs. Hargis approached me with the idea, I didn't hesitate," said Marlie Sherer, OSCS member and spouse of Maj. Gene Sherer, 22nd Fighter Squadron. "I would have loved to have had this opportunity when I was in middle school and this is my chance to be on the other end of this opportunity."

The OCSC created a focus syllabus that includes first impressions, personal style, dining skills, being a gracious guest and hostess, study skills and career goals.

"I think on some level, there is a need for a kind of 'etiquette training' at every middle and junior high school in America," Mrs. Sherer said. "Young girls are bombarded with images of today's 'it' girls ... resulting in shallow, scantily dressed girls whose self-esteem is at an all time low."



Marlie Sherer, spouse of Maj. Gene Sherer, 22nd Fighter Squadron, talks to the Bobcat Belles course about the importance of first impressions and appropriate etiquette for youth at the Bitburg Middle School Oct. 19.

Stacy Smith, OCSC member and spouse of Army Maj. Rob Smith, Joint Forces Center of Excellence, agrees with Mrs. Sherer and said there are not enough role models for young ladies out there.

"The media focuses on girls in a way that the girls don't know what is acceptable and

not acceptable dress or behavior," she said. "We are hoping we can impress upon them the importance of having a good time, while still being a lady. It's not cool to be a ditz."

Before the first Bobcat Belles meeting, students were giving the opportunity to apply for the group. They were asked questions about

their interests, their career goals, and why they wanted to be a part of the group.

The responses ranged from "I just want to learn which fork to use," said eighth grader Erin Schwartz, to "I want to make sure I learn everything a girl is supposed to know," said seventh grader Megan Goynes.

Mrs. Sherer said the community has a responsibility to support the teachers and administrators in molding Team Eifel's young women today.

"The girls we met at BMS were amazing. They have lived all over the world, and have experienced things that many adults have never dreamed of doing," Mrs. Sherer said. "They are smart and vibrant and full of energy. The goal is to send self-confident, poised and determined young women to high school."

Eighth-grader Tiana Howard summed up the first meeting as being a success and something she looks forward to this school year.

"The cool part is just being with friends, all girls, from two grades, and being able to have fun and learn and grow at the same time."

The next Bobcat Belles meeting is Nov. 7. BMS girls who want to join the group should call Principal Hargis at 452-9031.

Photo by Caitlin Schwartz



Courtesy photo

Top Saber Performer

Name: Senior Airman Jessica Jones
Unit: 726th Air Mobility Squadron
Duty title: Commander's support staff journeyman
Hometown: Acworth, Ga.
Years in service: Four
Nominee's contributions to 52nd Fighter Wing mission success: Airman Jones is "Tops" when it comes to one-on-one customer service. She has taken the lead in implementing and training 726th AMS members on the new Defense Travel System for temporary duty assignment orders increasing efficiency and reducing processing time. She is also a key player in updating squadron personnel on the new Personnel Services Delivery Transformation, allowing individuals to have more control over their military records via the Virtual Military Personnel Flight. Her spot-on accuracy and meticulous updating in PCIII and MilPDS led to the 726th AMS/CSS being recognized as the best small unit for Data Integrity.
Off-duty volunteerism and professional development pursuits: Airman Jones is very involved with the squadron's booster club, Girl Scouts and the USO Awards Show.
What do you do for fun? Or, what's a fun thing you've done lately? I love shopping in Trier and reading.
What do you like most about being stationed here? I love the opportunity to shop internationally
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would have the Contractor Gate open to incoming traffic.

AF recognizes MUNSS Airman

By Caitlin Schwartz
 52nd Fighter Wing Public Affairs Office intern

The Air Force recognized an Eifel Airman recently for her outstanding work in establishing command post polices and ensuring the enforcement of military standards.

Tech. Sgt. Chasity Degroat, 701st Munitions Support Squadron, Kleine Brogel Air Base, Belgium, Command Post, was named the title of 2005 Air Force Command Post NCO of the Year earlier this year.

After serving as inspector for two Munitions Support Squadron Assistance Visits, and as the NCOIC of Status of Resources Training System and Reports, Console Operations and Training and Evaluations, Sergeant Degroat is currently filling in as the superintendent of the command post.

She is responsible for the morale and well-being of 15 Airmen. In addition, she ensures the mission of receiving and disseminating all incoming and outgoing information to base leadership and higher headquarters is accomplished.

Sergeant Degroat has been in the Air Force for 16 years and credits her success to her supportive family, passion for the mission and pride in being an Airman.

"I am honored, though it's tough to accept it. I did not do this all on my own; it takes the whole command post to operate as a team," she said.

Sergeant Degroat has made an impression on her past supervisors, leaving a trail of success behind her.

"Sergeant Degroat is a real winner the epitome of a professional NCO, and is hands down, the most deserving of this honorable recognition," said Senior Master Sergeant Joyce Parker 31st Fighter Wing Command Post Aviano Air Base, Italy, superintendent and former supervisor.



Photo by Staff Sgt. Henry Norrington

Tech. Sgt. Chasity Degroat, 701st Munitions Support Squadron, Kleine Brogel Air Base, Belgium, Command Post NCOIC, was named the 2005 Air Force Command Post NCO of the Year.

"She's definitely a trailblazer and consummate leader who produces above and beyond, 100 percent of the time, with exceptional results across the vast spectrum of U.S. and NATO command and control operations," Sergeant Parker said. "There's no task too daunting or challenging in which Sergeant Degroat can not galvanize the appropriate personnel and required resources to guarantee success; she can do it all."

Congratulations Sergeant Degroat for going above and beyond.

Eifel Salutes

52nd Maintenance Group

Going hog wild are Aircraft Electrical-Environmental technicians **Staff Sgt. Arlan Belmes** and **Senior Airman Robert Black** recently returned from a deployment in support of Operation Enduring Freedom. While down-range, Sergeant Belmes and Airman Black completed 14 A-10 aircraft phase inspections and bolstered the execution of 81st *Warhogs*' combat missions. Aircrew Egress Systems craftsman **Tech. Sgt. Joseph Castillo**, also, recently returned from a deployment in support of OEF. He was directly involved in essential training accomplished by the Bagram Air Base Fire Department, and he de-armed/re-armed five A-10 aircraft which facilitated safe and realistic pilot extraction training for 65 military personnel and local nationals assigned to the 455th Air Expeditionary Wing. Welcome back **Tech. Sgt. Travis Hoogstraten**! One of many Fightin' Hawks who, "kicked some butt," during their recent deployment to Qatar. The Fightin' Hawks generated 676 sorties and 4,660 flying hours in just 71 flying days in support of OEF and Operation Iraqi Freedom operations. He even got a free ticket to Al Tarquaddum, Iraq, to visit the triangle of death and rescue an aircraft with an engine malfunction. He led the team who changed out two tires, a brake assembly and an engine. He was selected as the 23rd Aircraft Maintenance Unit's "Top Performer" for the deployment. Great job!

52nd Mission Support Group

Grace under pressure ... that is the motto for the **52nd Security Forces Pass and Registration Section**. Special thanks go out to **Cindy Larmon** for all her help and contributions she made to make vehicle registration an enjoyable experience. With their awesome customer service, **Master Sgt. Armond Ford**, **Staff Sgt. Nancy Cummings**, **Staff Sgt.**

Antonio Jones, **Senior Airman Edger Gonzales**, **Senior Airman Kristi Farmer-Hudson**, **Senior Airman Loreyna Molina**, **Senior Airman Sandra Ballard**, **Senior Airman Stephen Dennis** and **Joachim Schneider** have strived to always provide "world class" customer service to members of Team Eifel. They processed 3,473 base personnel for various vehicle transactions since August.

Congratulations!

♦ The Air Force Medical Service Developmental Education Program Selection board announced Thursday their selections for the DE Program. Congratulations to 52nd Medical Support Squadron selectees:

Cpts. Keith Waid, HQ AETC Resources Fel; **David Gill**, Civilian MHA; and **Robert Shapiro**, Pharm Pract Res DGMC at Travis AFB, Calif.

The alternates selected are:

Majs. James Young, Aviation Psychology FS; and **Stanley Searcy**, ACQ FS Human Sys Integration.

♦ The Intermediate and Senior Developmental Education Designation Board and Civilian Developmental Education Central Designation Boards results in here! Congratulations to our fellow Sabers on their achievements! **Lt. Col. William Woodcock**, 23rd FS, French Defense College and Regional Affairs Strategist designate; **Majs. Shamsheer Mann**, 52nd OSS, Air Command and Staff College; **Anthony Retka**, 52nd OG, Army Command and Staff College; **Gene Sherer**, 22nd FS, Army Command and Staff College; and **Nathan Hansen**, inbound in 2007, Advanced Academic Degree-IDE credit.

Way to go Sabers on these prestigious selections!

Kudos to you all! Team Eifel salutes you!!



Photo by Tech. Sgt. Pamela Anderson

Top Saber Team

Unit name: 52nd Dental Squadron Dental Logistics Element

Unit Responsibilities: The team ensures dental logistics readiness, promotes oral health initiatives and provides outstanding dental support.

Number of Members: Six

Team's latest contribution to 52nd Fighter Wing mission success: This element provides top quality daily logistics support to the Dental Squadron. The team guided complete development of the \$268,000 Phase 1 of the 5-year dental facility renovation; a bold clinic oversight that advanced execution by six months. They worked through the night during a last-minute change of major command requirements to secure the unit's \$438,000 digital radiology package; integrating with facility renovation to ensure a state-of-the art outcome. Team members also procured funding for a \$23,000 Computer Aided Drafting/Milling equipment package to aid in the accuracy, speed and detail of all porcelain crowns using a virtual conception before insertion of dental appliances. These new equipment purchases will ensure savings of time and resources, bringing fellow Saber members technologically advanced and streamlined quality dental care.

Team's other contributions through the year: The team contributed to the clinic overall production of \$7.5 million annually in patient treatment while maintaining a 97.4 percent wing "ready to deploy" rate that beat the Air Force goal by 2.4 percent.

Dress Right, Dress

AFI 36-2903 Table 2.6 Females may wear small spherical, conservative round diamond, gold, pearl or silver earrings as a set with any uniform combination. If member has multiple holes only one set of earrings will be worn in the lower earlobe. (Information courtesy of Top 3.)

Red Ribbon Week middle school essay winners take aim at living drug free

By Diamond Washington
Spangdahlem Middle School student

100 percent me, drug free means absolutely, positively, never using drugs. That is what it means to me. What I mean by never using drugs is the use of any illegal drugs such as Heroin, Cocaine, Steroids, Ecstasy and many others, as well as the abuse of prescription drugs.

Drug abuse of any kind of drug can lead to severe brain or organ damage, which can eventually lead to death.

I would not use drugs because they can harm you by causing health problems. This is the main reason why I would not use drugs. Drug use can damage your lungs, heart and lessen brain function.

The smoke that is in your lungs from certain drugs can cause lung cancer. There is no cure for lung cancer may I remind you and I plan on living a long life! There are drugs that are called uppers that speed your heart rate up and there are drugs called downers, which cause your heart to slow down both of which can be deadly. Although your heart and lungs are a very important part of living a long, healthy life, your brain is just as important. By using drugs, you are slowly killing brain cells that are important for your brain to function properly. Once you are brain dead,



you are pretty much considered dead!

I would never use drugs because it can cause financial problems. Even though some illegal drugs are sold pretty cheap, the total money spent to pay for this habit can be very expensive. Once you run out of money, you look for other ways to pay for your drug addiction. This can sometimes lead to selling your jewelry, your clothes, your car and once you run out of things to sell, sooner or later you will start stealing from others.

My last reason I would not use drugs is because most drug use leads to social problems with your family and/or friends. This could also cause stress because you think you have no one to turn to for help. I have good news for you there are hundreds of rehabilitation centers that you can go to for help. However, the key to getting help is to admit you have a problem. Once you admit you have a problem, help is just a phone call away.

Okay, do you get my point on why I would not use drugs? I want to live a healthy life. I want to be able to achieve my goals and drugs can interfere with both. I do not know about you but I always have to have a friend or family member somewhere near me that I can trust and who can trust me. By using drugs, it will be hard for friends and family members to trust

you. If you ever thought about using drugs maybe if you just read this, it might change your entire future. Just be like me, 100 percent me, drug free!

By Austin Schmitz
Bitburg Middle School student

Red Ribbon Week sets the example that drugs can kill. Many people may believe that one little sniff, smoke, puff or snort won't do anything. You won't even know you have an addiction. Then once you look in a mirror, you will see. That's when drugs take shape.

Some people set their life to looking good. Drugs, when it comes to looks, will make a dramatic change.

If you want to look anorexic then go ahead. Drugs can cause fatal medical consequences such as black lungs. You can lose so much money and go into bankruptcy just because you made the wrong decision. Most people don't want that. I know I don't. I want to be 100 percent drug free.

I want to have a good life. I want to go to college. I want to have friends. I don't want to be that shady character hiding in the alley between the buildings or that drugged up person in the hospital fighting for his or her life. I definitely don't want to be that person on the railing getting ready to commit suicide. If you take drugs opportunities drop.

Life starts to get very dark and lonely. Drugs aren't the way to go. I know I won't.

I'll be 100 percent me-drug free.

Random drug test results say Sabers are drug-free

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

In the early morning hours of Sept. 3-4 more than 110 Spangdahlem Air Base active duty members were randomly selected for drug testing after entering the main gate as part of Operation Nighthawk.

All specimens were tested at the Armed Forces Institute of Pathology for just about every drug imaginable, but specifically for psilocin, the chemical in mushrooms, said Mark Tack, 52nd Medical Operations Squadron Drug Demand Reduction Program manager.

"We had no positive results come back," Mr. Tack said. "Operation Nighthawk demonstrated that the wing is committed

to the Air Force's zero tolerance policy on illegal drug use, and identifies those military personnel who choose to violate the law and endanger the public by using illegal narcotics."

Servicemembers are bound by the Uniform Code of Military Justice -- even in countries where drugs are legal. Under Article 112a of the UCMJ, military members are expressly prohibited from using and distributing cocaine and scheduled controlled substances. Ecstasy and psilocybin mushrooms which are available in some areas nearby are considered Schedule I controlled substances.

Members who choose to use controlled substances face the consequences of testing positive for drugs, which can have devastating effects on any military career.

Airmen learn how to keep money growing with tax-free TSP

By Senior Airman Brok McCarthy
51st Fighter Wing Public Affairs

OSAN AIR BASE, South Korea (AFPN) -- Saving for retirement is a good idea regardless of age and regardless of how you do it; though some ways are better than others. One of those better ways is to place money into the Thrift Savings Plan.

The TSP has been around for 20 years and was established by Congress to give federal employees the option to invest in a 401(k)-type retirement account.

Until this year, the TSP had an investment cap lower than that set by the Internal Revenue Service, but that was lifted, allowing servicemembers and other federal employees to invest up to the \$15,000 allowed by law.

One of the largest benefits to the TSP is that it is a tax-deferred account, meaning all money placed in it is done so before taxes are calculated, making it so someone would have to pay less taxes come tax season.

For individuals in career fields who still receive re-enlistment bonuses, they may place up to \$42,000 -- tax free, of course -- into their TSP accounts.

All money placed into a TSP account in a tax except combat zone is also tax exempt when it is withdrawn.

The only money that can't be put into a TSP account is money the government gives for a specific purpose, like clothing allowance and basic allowance for sustenance or housing.

One important thing to note is individuals who are married must submit written spousal permission along with their loan or withdrawal request against their TSP account -- even if the servicemembers and spouses are separated.

For more information on the TSP, visit www.tsp.gov.

(Editor's note: Information for this article was taken from the TSP Web site.)



Photo by Senior Airman Eydie Sakura

USAFE Reportable Motor Vehicle Mishaps						
	Yearly Average (FY 2001-2005)			FY 2006		
	Motorcycles	Automobiles	Fatalities	Motorcycles	Automobiles	Fatalities
31 FW	4	11	2	6	8	1
38 CSW		2		1	4	1
39 ABW		1			1	
48 FW	2	7	1	1	3	1
52 FW	2	9	1		7	1
65 ABW		1			1	
86 AW	2	4	1			
100 ARW	1	1			2	
435 ABW	1	5			7	1
501 CSW		1		1	2	
HQ	1	2			1	
USAFE Total	13	44	5	9	36	5

Motor vehicle incidents continue to be the single greatest threat to our USAFE family. More than 65 percent of the mishaps in the command are caused by either excessive speed as it relates to the road conditions and by drivers simply not paying attention. Watch your speed and stay alert as you travel. Defensive driving and vigilance remain the primary countermeasures against accidents, but they only work if you use them.

Life lessons

Paying respect to flag
ALS instructor reflects on reveille, retreat

By Staff Sgt. Stephen Scattergood
52nd Mission Support Squadron ALS

Even now, after nine years of service, I still get chills when I hear the national anthem. The hair on the back of my neck stands up when I see a formation of troops showing respect to our nation’s flag.

The idea that people died for this flag, reminds me of why I wear this uniform. I am an immigrant, I was born a British citizen and became an American after five years of service and I love this country’s flag and what it stands for. I love to step outside when the national anthem is playing, snap my heels together and render a proper salute.

As an Airman Leadership School Instructor, I get the opportunity to not only perform Reveille and Retreat ceremonies, but I also have the privilege to teach the procedures and pass my passion on to my students.

On Spangdahlem Air Base, when the national anthem plays everybody knows what to do, they stop their cars and sit quietly or if walking, they stop,

“As military members we have a duty to show respect to our symbol of freedom. I believe the Old Glory holds a special place in all of our hearts, let us honor our fallen comrades by being proud to stop and salute our flag.”

-- Stephen Scattergood
52nd Mission Support Squadron

face the music then render the proper custom and courtesies. But here at the Bitburg Annex, many people don’t realize we conduct a formal Reveille and Retreat ceremony every day ALS is in session.

Whether the music is heard or not, there are some responsibilities that base personnel have when they see the German and U.S. flag being raised or lowered. Per AFMAN 36-2203, Drill and Ceremonies, all vehicles should stop and occupants should sit quietly at the position of attention.

Pedestrians not in uniform should stop and stand at the position of attention; remove any hat or head covering and place their right hand over their heart. Pedestrians in uniform should come to the position of attention and

render a salute during the raising and lowering of both flags. All pedestrians and vehicle operators should render the proper customs and courtesies until the U.S. and German flags have been raised to their resting position and the halyards are secured or until the both flags have been removed from the halyards and they have been secured.

Once the flags have been raised or lowered pedestrians and vehicle operators may continue their activities.

As military members, we have a duty to show respect to our symbol of freedom. I believe Old Glory holds a special place in all of our hearts, let us honor our fallen comrades by being proud to stop and salute our flag.

Chief Clarke sends message to
Airmen ‘Take care of each other’

By Chief Master Sgt. Vance Clarke
52nd Fighter Wing Command Chief Master Sergeant

A few weekends ago I was able to attend a monument dedication for 1st Lt. Harold G. Stalnaker who was killed when his P-47 crashed near Kehlen, Luxembourg. The tribute was from people who knew freedom as something Americans aided in giving, one sacrifice and life at a time.

As Team Eifel members we Prepare to Fight, Take Care of Each Other, and as we are called upon, will Fight to Win! And I am sure we will do all these things very, very well.

I would like to emphasize how important it is to take care of yourself, and each other. As we adapt to new places, learn skills and missions, help our families, learn our jobs, etc., we need help.

We must each have personal responsibility for our actions but it is also our responsibility to help one another ... whether it is lending a car or training on how to do a specific task on the job, we are to aid in caring for each other.

During the memorial service for Lieutenant Stalnaker the priest quoted; “Greater love hath no man than this, that a man lay down his life for his friends.” The lieutenant laid down his life for people he never met ... the greatest sacrifice.



U.S. Air Force photo

First Lt. Harold G. Stalnaker, flew a P-47 Thunderbolt like this one during World War II. Lieutenant Stalnarker was killed when his P-47 crashed near Kehlen, Luxembourg. Although originally conceived as a lightweight interceptor, the P-47 developed as a heavyweight fighter.

The sacrifices we make for people we know can greatly help ensure we “Take Care of Each Other” on a daily basis. Make a difference in someone’s life today!
Sabers -- Constantly Ready to Project Superior Combat Power!

HAWC helps
Sabers get
fit to fight

By Sandra Rodriguez
HAWC Information Manager

Do you know what the HAWC offers you? The Health and Wellness Center, is all about health promotions.

We have many missions. People who find the Air Force fitness test challenging, we are here to help. Both our exercise physiologist and diet technician work together to give people all the education people need to help conquer the Air Force fitness test.

For those who are referred to us for cholesterol, diabetes, or hypertension we provide excellent education, exercise and fitness tools to help manage these diseases.

For those who just want to get more information on starting a healthier lifestyle, we offer a Jumpstart class once a month. This 90-minute class talks about making wiser nutrition and exercise choices.

We also offer L.E.A.R.N. -- Lifestyles Exercise Attitudes Relationships Nutrition class. The goal throughout this program is to have people focus on good nutrition, physical activity and feeling positive about their bodies. This is a 12-week program, one-hour per week.

Do you have that urge to quit smoking? We offer two programs to help you quit. We have the classroom sessions; five weeks, one hour per week, for counseling and support. We also offer the American Lung Association’s Quit-line. This is a toll-free number people call during their open hours and talk to a tobacco cessation counselor. Start by calling or coming by the HAWC for more information. We stand by to offer you any support you may need to kick “the habit.”

We have the greatest relaxation room on the base. It contains two very high quality massaging chairs. After a 20-minute ride in this chair, one is ready to face any new stresses that may be heading their way.

And talking about stress ... we offer a Stress Management class taught by Life Skills. It’s a great two-hour class to help identify stress and how to deal with it effectively.

We also offer cooking demonstrations and commissary tours as well. Not only can we shop for healthier ingredients, but people can learn how to whip them up into a healthier meal. Between the healthy nutrition and physical exercise how can people help but feel better about themselves?

And to top it off, have a resource room full of information on nutrition and exercise available for checkout in both publications and video formats.

For information on how we can help Sabers become healthier, call 452-7385 or 06565-61-7385.

So learn to enjoy life and live it well -- courtesy of your local HAWC!



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Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.
Direct Lines of general interest will be published in the Eifel Times and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:
■ DirectLine@spangdahlem.af.mil
■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
■ To PA in building 23.
■ Concerns may also be sent via fax to 452-5254.
Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	393	326	+18
23FS	408	304	+12
81FS	318	204	-2

*Delta is contract vs. sorties flown to date.

Through Oct. 23

Courtesy of the 52nd Operations Support Squadron
Plans and Scheduling Section

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

Halloween events

♦ Trick or treat in the Eifel community Tuesday from 5-8 p.m. at the Bitburg Annex and Spangdahlem AB housing, and the Speicher and Binsfeld government leased housing areas. Parents and escorts are required to wear reflective belts and carry a flash light. 52nd Security Forces Squadron personnel will be on-scene patrolling the areas. For more information, call 52nd SFS police services at 452-6608.

♦ The 726th AMS offers X-ray scanning services on Halloween candy Monday through Nov. 3 from 8 a.m. to 7 p.m. at the AMC passenger terminal. For more information, call 452-8866.

♦ The 52nd CES, 52nd CS and 52nd MDG host their annual Haunted House today through Tuesday from 6 p.m. to midnight in the Bitburg Annex, buildings 2033 and 2032. A tour for children ages 10 and under takes place Tuesday from 4-6 p.m. where children can walk through the house with the lights on. The cost is \$5 per person and children 10 and under pay \$2.50. For details, call Master Sgt. Roy Stevens at 452-9433.

Airman's Attic volunteers

Volunteers are needed to work an evening shift at the Airman's Attic. They are looking for one or two dedicated volunteers to keep the Attic open Mondays and Wednesdays from 4-6 p.m. Call Else Wingert at 452-6422 for details.

Give Parents a Break

Give Parents a Break is a program, compliments of the Air Force Aid Society, designed to provide free weekend child care on select days for stressful times. The next available opening is Nov. 18 from 10 a.m. to 3 p.m. at the Spangdahlem AB child development center. All reservations and required paperwork must be received by noon on the Thursday prior to the weekend. For reservation guidelines, call the Airman & Family Readiness Center at 452-6422.

Family advocacy programs

For details on family advocacy programs, call Cecelia Diaz at 452-8279 or 06565-958279. The classes and programs below take place on Spangdahlem AB, building 161, third floor, unless specified otherwise.

♦ Passport to Parenthood takes place in November, all soon-to-be parents should reserve a seat in the class;

♦ Start Safe, Stay Safe is a workshop for parents aimed at child sexual abuse prevention; and

♦ Rationale for Support of Parents is a support group for parents of children with special needs.

Girl Scouts

The Girl Scouts need a few good leaders. For more information, call USA Girl Scouts Overseas at 452-9190 or e-mail spangdahlemgirlscouts@hotmail.com.

SMS news

♦ Parents, mentors, volunteers and commanders are invited to celebrate American Education Week Nov. 12-18 at the Spangdahlem Middle School. This year's theme is "Great Public Schools: A Basic Right and Our Responsibility." RSVP menu requests to laurie.combs@eu.dodea.edu;

♦ Parent Teacher Student Association book fair takes place Nov. 13-17. E-mail charles.shock@spangdahlem.af.mil;

♦ Parent-teacher conferences are held Nov. 17. People should contact the grade level team leader for more information. Fifth grade, april.goetz@eu.dodea.edu; sixth graders, barbara.davis@eu.dodea.edu; and seventh and eighth graders, queen.robinson@eu.dodea.edu or natalie.mentrup@eu.dodea.edu;

♦ Buy a "Gobble Gram" Nov. 13-17 for your child. E-mail kim.shock@eu.dodea.edu to reserve your message;

♦ Chaperone the school dance Nov. 17 from 8:30-9 p.m. E-mail judi.frein@eu.dodea.edu; and

♦ Mentors needed for 45 minutes once or twice a week from 1:15-2 p.m. Algebra tutors needed for 45 minutes once or twice a week from 1:15-2 p.m., 2:45-4 p.m. or one Saturday a month from 8 a.m. to noon. For more information, contact Elizabeth Childs at 0162-234-1840 or e-mail elizabeth.childs@eu.dodea.edu.

BMS news

For more information on PTSA Bitburg Middle School events, e-mail mary.marchand@eu.dodea.edu.

♦ Family chili dinner is Nov. 16 from 5-7 p.m.;

♦ Harvest dance is Nov. 16 from 6-9 p.m.; and

♦ BMS needs mentors and volunteers from 1:30-2:30 p.m. during seminar. Seminar class is held every other day,

and days rotate week by week. Tutors are needed in language arts, social studies, algebra, mathematics 7 and 8, science and German. Call Crystal Bartals 452-9310 or e-mail her at crystal.bartals2@eu.dodea.edu.

BES news

For details on the Bitburg Elementary School, call Crystal Wolfrum at 06561-946475 or e-mail her at crystaln1116@aol.com.

♦ PTSA book fair preview during school hours Monday and Tuesday; and

♦ Book sales from 8:30 a.m. to 3:30 p.m. Wednesday and Thursday.

VITA volunteers

The legal office and tax center seeks volunteers to provide tax assistance to the base. Volunteers receive free training and certification by the IRS. A four-day newcomers training course occurs Dec. 11 and a three-day advanced training course happens Dec. 6. Both courses provide IRS certification. The deadline to volunteer is Nov. 22. For more information or to register for a course, call the legal office at 452-6796.

AWAG conference

American Women's Activities, Germany, is a non-profit organization whose mission is to train, strengthen and connect volunteers, their organizations and communities. AWAG hosts a one-day Rheinland-Pfalz area conference at Ramstein AB in the Ramstein Officers' Club Nov. 15 from 8:30 a.m. to 3 p.m. The keynote speaker is Mrs. Europe 2007, Wendy Sledd, a military spouse. The conference has training sessions to help volunteers and their organizations with communication, health, leadership and volunteer opportunities. The cost is \$20 and includes lunch. The registration deadline is Nov. 8, and registration can be completed by contacting Kim Shock at rheinlandpfalz@awag.us or Johnette Owens at rheinlandpfalz2@awag.us.

Library news

♦ Start a book on its travels or see where it has been. The Spangdahlem AB library offers a program called "Deployed Books: Read and Release." Items are mostly paperbacks for Sabers to take and then leave anywhere in the world. Stop by the library or visit www.usafelibraries.org for details.

♦ Children's story hour at the Spangdahlem AB library is Thursdays at 10:30 a.m. For more information, call Raquel Santos at 452-6203 or 452-9055.

Chapel Services

Spangdahlem AB

Catholic Mass

♦ Saturday, 5 p.m.

♦ Sunday, 8:30 a.m.

♦ Sunday, religious education, 9:45 a.m. (building 139)

♦ Monday - Thursday, 11:45 a.m.

Protestant

♦ Sunday, 10:30 a.m., traditional service

♦ Sunday, 1 p.m., Korean service

♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

♦ Sunday, 11:30 a.m.

♦ Monday, 8:30 a.m.

Protestant

♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Nov. 2. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

◆ *How To Eat Fried Worms* (PG, 7 p.m.)

During the first day of his new school year, a fifth grade boy squares off against a bully and winds up accepting a dare that could change the balance of power within the class.

◆ *Freddy vs. Jason* (R, 9:30 p.m.)

Freddy Krueger and Jason Voorhees return to terrorize the teenage population. Except this time, they're out to get each other, too.



Saturday

◆ *The Guardian* (PG-13, 7 p.m.)

In an effort to find his place in life, a troubled young man enlists in the Coast Guard, where he's taken in by a renowned rescue swimmer who's hardened by the loss of his team from an accident years back.

◆ *Exorcist: The Beginning* (R, 9:30 p.m.)

Years before Father Lancaster Merrin helped save Regan MacNeil's soul, he first encounters the demon Pazuzu in East Africa. This Father Merrin's initial battle with Pazuzu.

Sunday

◆ *Scooby-Doo 2: Monsters Unleashed* (PG, 4 p.m.)

When Mystery, Inc. are guests of honor at the grand opening of the Coolsville Museum of Criminology, a masked villain shows up and creates havoc before stealing the costumes of the gang's most notorious villains.

◆ *Beerest* (R, 7 p.m.)

Two brothers travel to Germany for Oktoberfest, only to stumble upon secret, centuries-old competition described as a "Fight Club" with beer games.

Monday

◆ *The Guardian* (7 p.m.)

Tuesday

◆ *Accepted* (PG-13, 7 p.m.)

When a high school burnout discovers he's been rejected from every college he's applied to, he creates a fake university in order to fool his overzealous parents.

Wednesday and Thursday closed

Bitburg Castle

Today

◆ *Step Up* (PG-13, 7 p.m.)

When trouble with the law lands Tyler with a community service gig at Maryland School of the Arts, he arrives as an angry outsider, until his skills as a gifted street dancer draw Nora's attention.

◆ *The Last Kiss* (R, 9:30 p.m.)

A contemporary comedy-drama about life, love, forgiveness, marriage, friendship ... and coming to grips with turning 30.



Saturday

◆ *Step Up* (7 p.m.)

◆ *The Descent* (R, 9:30 p.m.)

A caving expedition goes horribly wrong, as the explorers become trapped and ultimately pursued by a strange breed of predators.

Sunday

◆ *Snakes on a Plane* (R, 4 p.m.)

On board a flight over the Pacific Ocean, an assassin, bent on killing a passenger who's a witness in protective custody, lets loose a crate full of deadly snakes.

◆ *The Last Kiss* (7 p.m.)

Closed Monday and Tuesday

Wednesday

◆ *Step Up* (7 p.m.)

Thursday

◆ *Snakes on a Plane* (7 p.m.)



Photo by Gary Sakura

Normally bustling with visitors, this night scene at the famous intersection in Rothenburg ob der Tauber, showcases the numerous shops, restaurants, cafes and hotels that fill the streets of the walled-city. The ancient wall that surrounds the city has several towers that provide entry and exit to the city. Rothenburg ob der Tauber is a frequently visited city in northwestern Bavaria.

Walled, medieval city

Rothenburg ob der Tauber has rich history, modern flare

By Iris Reiff

52nd Fighter Wing Public Affairs Office

There are only a few medieval towns in Germany that are as rich in history as the Franconian town of Rothenburg ob der Tauber. Located some 420 meters above sea level, overlooking the valley of the Tauber river, its beautiful gates, towers and massive walls present a silhouette that never fails to impress the constant flow of visitors.

Traces of the first settlement by Celts, about 500 B.C., can be found on the opposite side of the valley on the Engelsburg. Around 960 A.D., Detwang in the Tauber valley was founded and at the same time a citadel was built on the hill above the river. In 1142, Conrad III, the first Hohenstaufen in the king's throne, erected an imperial citadel.

The town that developed from the small borough was awarded its charter (Free Imperial City) by Emperor Rudolph I in 1274. The following one and a half centuries saw the expansion of the town and its territory which concluded in the early 15th century.

The first walled ring around the town dates from the 12th century. The outer town wall with its towers, gates, and battlements dates from the 14th.

At that time the town was a city state with around 155 square miles of land embracing 167 villages. In 1544 Rothenburg joined in the Reformation. In the Thirty Years War, it suffered at the hands of a succession of conquerors. The town never recovered, and after that time it remained a city state without any economic or political importance.

From the beginning to the end of its status as a Free Imperial City, the town was governed by wealthy patrician families, many of whom belonged to the nobility. In the course of the Napoleonic wars, Rothenburg was incorporated in Wuerttemberg.

Its border location near the Bavarian-Wuerttemberg frontier, remote from busy trade routes, left Rothenburg completely unaffected by the architectural changes of the last century.

Most famous in Rothenburg is the councilors' Tavern with Meistertrunk clock. The tavern was built about 1446. The clock was installed in the gable in 1683 and the clockwork Meistertrunk scene added in 1910.

The scene shows when an ex-mayor drank nearly a gallon of wine at one time, saving the town from destruction. The scene in the clock is shown at various times daily.

The famous Doll and Toy museum, a 400-square-meter exhibition hall, features porcelain as well as wax dolls dating from 1780 to 1940.

On Whitsunday, armed processions and camps present aspects of the Thirty Year War. The historical Shepherd's Dance is a treat for the ears and eyes during a historical festival in August and September.

Visitors also enjoy the Reichstadt museum, the medieval Criminal museum in the Historical Vaults and the Franconian Craftsman's House. There is lots to do for the visitor who comes to the romantic town.

Although Rothenburg is full of history, it also offers everything that a modern city enjoys, such as sports and other fun activities. Some leisure activities are flying and gliding, fishing, tennis and bowling, open-air or indoor bathing, cross country riding, camping and lots more.

The harmony which exists in Rothenburg's surroundings should also not be forgotten. The magnificence of imperial Franconian towns can be seen in Nuremberg, Feuchtwangen, Dinkelsbuehl, Bad Windsheim and other nearby towns.

Medal of Honor winner



Col. (ret.) Leo Thorsness, awarded a Medal of Honor for his heroism as an Air Force F-105 pilot in Vietnam, pictured here with his wife, Gaylee, is guest speaker at the Air Force Ball Saturday. Colonel Thorsness is meeting with wing leadership, Airman Leadership students and First-Term Airmen now through Monday.

Courtesy photo

Out and About on Halloween

- ◆ Bitburg hosts a "creepy shopping" night **Tuesday**. Visitors can shop at many stores throughout the center of town that night. Musical entertainment, creatures and goblins are straying through Bitburg surprising shoppers. Entertainment includes a fire show and artists performing. Food and beverage stands will be available. The event will continue until late at night.
- ◆ Flea markets in the local area take place **Sunday** at the Uerzig festival grounds in front of the Wittlich Berufsbildende Schule and along the Zeltingen-Rachtig Mosel shore.

Sports Briefs

Bitburg youth hockey

Coach Chris Sandau, a semi-professional hockey player from Canada, offers a youth hockey clinic Tuesday and Thursday evenings at the Bitburg ice rink. The clinic starts Tuesday and runs through April. Children from all levels are encouraged to learn new hockey skills, as well as improve their playing level. For more information, call Coach Sandau at +491-511-298-8261 or Lt. Col. Robert Schmitz at 0171-331-8683.

Fitness center hours change

The Skelton Memorial Fitness Center has new hours of operation. The fitness center is now open Mondays through Fridays from 4 a.m. to 10 p.m., and weekends, holidays and down days from 7 a.m. to 6 p.m. For details, call the fitness center at 452-6634.

Halloween fun run

Join the fitness center staff for a scary 5K fun run Tuesday at 6 a.m., noon and 4 p.m. Runners can sign up at the time of the event and participants can walk or run. People are encouraged to bring the whole family and dress up in Halloween costumes. For more information, call the fitness center at 452-6634.

Upcoming basketball events

For details on upcoming events, call Ed Marshall at 452-6634 or Sidney Mitchell at 452-3320.

- Intramural basketball and over 30 basketball letters of intent are due are Wednesday. The season starts in November. For more information, call 452-3365.
- Spangdahlem-Bitburg Midnight Madness, Nov. 25-26, events include slam dunk contest, 3-point shootout and games.

Partner Up

Interested in playing tennis or racquetball but lack a partner? The Skelton Memorial Fitness Center Partner Up program matches players who need a partner. Call the fitness center and leave a name, a tennis or racquetball preference, contact number and estimated skill level. Once a match has been found players will be contacted. For more information, call Mark Gearin at 452-6634.

Ice skating lesson

The Bitburg-American Skating School begins ice skating lessons in October for Team Eifel children, ages 6-11. Lessons are Mondays from 6-7 p.m. and Saturdays from 10-11 a.m., and go through March. Lessons for adults takes place Mondays. For more information, e-mail Mia Checkley at bitburgskatingschool@hotmail.com.

Fitness assessments

People interested in having a free fitness assessment performed should call the fitness center to schedule an appointment. Assessments are broken down into six phases: blood pressure, body composition, muscular strength, muscular endurance, flexibility and cardiovascular fitness check. The results of the test determine a person's strengths and weaknesses. For more information, call Juergen Stockemer at 452-6496.



Photos by Helmut Mueller

Col. Darryl Roberson, 52nd Fighter Wing commander, center, treks along the new Nordic Walking Park near Speicher. The nordic walking path has three different walking routes consisting of 3.7 km., 8 km. and 16 km. The walking paths are located as people exit Speicher on the way to Trier on L-36.

Walk this way ...



Colonel Roberson visits with members of the local community at the grand opening of Speicher's newest walking paths located on near Speicher.

HAWC's 'healthy weight' takes shape for Sabers

By Staff Sgt. Ernesto Otero
52nd Aerospace Medicine Squadron
nutrition technician

Over the past calendar year, the Air Force recognized numerous health observances. One issue that comes to mind year after year, and that has a direct impact on our active-duty Saber members and the Eifel community, is how to achieve and maintain a "healthy weight."

The holiday season is fast approaching and people will soon be faced with every culinary temptation imaginable. During the holidays it is not unusual for people to gain two to 10 pounds. After ending 2006 with a bang, it is time to refocus on "you" and what you can do to work toward a healthy weight.

One question often asked is, "How can I maintain a healthy weight?" The answer is not as complicated as people might think. It's called preventive maintenance. Think of the body as a vehicle. This vehicle requires preventive maintenance throughout the year: oil changes, rotating tires, fluid levels and most importantly fuel.

Miraculously, the body is similar to a vehicle with organs, bones and muscles that enable people to function as an awesome piece of machinery.

Consuming high-saturated-fat, high-sugar and high-sodium foods is not good body maintenance. Indulging in these types of foods increases weight gain, the risk of abnormal cholesterol, hypertension and diabetes; all of which can compromise various organs in the body.

Keep in mind there is no such thing as "bad food" or "good food." What gets people in trouble is the lack of moderation and portion control. Making bad food choices and being inactive can lead to a diseased, malfunctioning body just as failing to upkeep maintenance with the car can lead to a vehicle that will not operate properly.

The old adage, "You are what you eat," is a phrase heard many times, but believe it or not you are a reflection of how you take care of yourself. It is all about preventive maintenance.

People can start taking care of themselves by doing the following preventive maintenance to achieve and maintain a "healthy weight."



- **Honesty** -- be true to yourself; learn from your nutrition and exercise mistakes
- **Exercise** -- at least 3-4 times per week for 30 minutes minimum
- **Attitude** -- nothing comes easy, but a positive attitude can work wonders
- **Lifestyle** -- fad diets and magic pills = short-term results
- **Time** -- forecasting meals can reduce time spent in the kitchen
- **Habits** -- regular exercise and healthy food choices
- **You** -- lifestyle changes starts with your commitment and dedication
- **Waist Circumference** -- a component of fitness and a measurement of risk factors
- **Energy** -- balance food management, sleep and exercise
- **Individualize** -- tailor a plan to fit your nutritional & fitness needs
- **Goals** -- use specific and realistic short-, mid- and long-term goals to be successful
- **Hunger** -- eat five to six small meals throughout the day
- **Trigger for eating** -- reduce stress

Sabers gear up for Wingman Day with wing-sponsored events around base Wednesday

52nd OG-sponsored activities:

- 23rd Fighter Squadron life support display, building 108 in the back right corner of the building, 20 people max, 8-11 a.m., call Capt. Patrick Connellan at 452-4298;
- 606th Air Control Squadron display, grassy area in front of building 340, 50 people max, 1-4 p.m., call Capt. Alonzo Gonzalez at 452-5625; and
- 81st Fighter Squadron simulator display, A-10 simulator area in the back right area of building 360, two people per 30 minutes, 8:45-10:15 a.m., 10:30 a.m. to noon, 1-2:30 p.m., 2:45-4:15 p.m., call Capt. Jacob Hendrickson at 452-7252.

52nd MSG-sponsored activities:

- 8 a.m. at the fitness center, team 5K run, 10 people per team, fastest combined times wins, call Myla Compton, Staff Sgt. Nicki Coleman or Senior Airman Theresa Pedro at 452-6634;
- 10 a.m. at the fitness center, Perimeter Road relay race, five person team, each person runs 2K, call Juergen

Stockemer or Tech. Sgt. Willy Miranda at 452-6634;

- 10 a.m. at the Brick House Pool tournament, two-person teams (Scotch doubles/Single elimination), 40 sign-ups available, call Helen Reeves and Denette Geairn at 452-7381;
- 10:30 a.m. to 4 p.m. at the bowling center, bring your wingman for lunch and he can bowl for free, call the bowling center at 452-6217;
- 11 a.m. at the Brick House, X-BOX 360 HALO and HALO 2 tournaments, four players per game, 16 spaces available, call Helen Reeves and Denette Geairn at 452-7381;
- 1 p.m. at the library, team mystery solving, two to six people per team, teams compete against each other to see who can solve the mystery first, call to sign up in advance with Raquel Santos and Ute Palk-Rebellius at 452-6203;
- 2 p.m. at the fitness center, dodge ball tournament, eight people per team with a double elimination tournament, call Staff Sgts. Megan Crusher, Andre Figueroa

and Senior Airman Marcus Walker at 452-6634;

- 11 a.m. to 1 p.m., Club Eifel lunch, bring your wingman to lunch and both receive a 50 percent discount when you show your wingman and Club cards, call Club Eifel for more information at 452-4632; and
- Pavilions available: Squadrons can reserve a pavilion for Wingman Day events, call Outdoor Recreation at 452-7176.

• Fire Department Firefighter Muster Competition, be a 'firefighter for a day' and compete in a fire fighting skills challenge course: five challenging and fun-filled team events; four people per team; prizes awarded for winners. Call Master Sgt. Brett Hawk at 452-5292 to sign up.

52nd MXG-sponsored activities:

- 10 a.m. and 10:30 a.m., bomb building and weapons loading demonstrations in Hangar 1, each demonstration lasts approximately 30 minutes, open to all interested parties, call Master Sgts. Daniel Meyers at 452-6191 or Charles Shock at 452-6407.

Airmen & Family Readiness Center-sponsored activities:

A&FRC Large classroom:

- 8:30-9:30 a.m., Partners and Personalities; 10-11 a.m., From Different Planets; 1-2 p.m., Five Languages of Love; 2:30-3:30 p.m., Money Personalities; and 4-5 p.m., Five Love Languages. Maximum 30 participants each session.

ADAPT Conference Room, building 175:

- "The 411 on Loving" taught by Maj. Franklin Swayne, 8:30-9:30 a.m., 10-11 a.m., and 1:30-2:30 p.m. Maximum 20 participants.

A&FRC Small classroom:

- 9-10 a.m., Money Personalities; 10:30-11:30 a.m., Partners and Personalities; 1:30-2:30 p.m., Managing conflict; and 3-4 p.m., From Different Planets. Maximum 25 participants each session.

To sign up for A&FRC events, call center's office at 452-6422.